

Mt Kenya Challenge



Mt Kenya Climbs

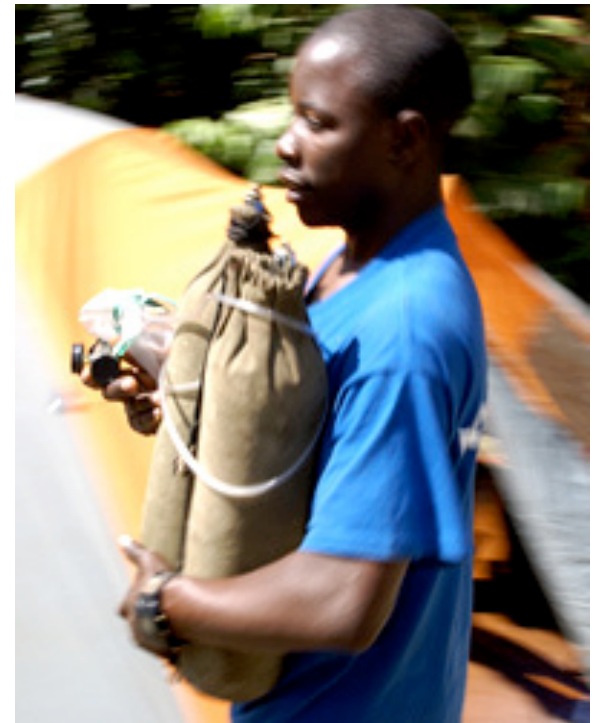
Adventure International runs ethical, professionally led climbs. Our business partners sell our climbs to their clients on the basis of:

1. **Ethics:** Adventure International works hand in hand with our crews, not in spite of them. We do not overload our porters and our payment policy is to ensure that our porters and crews are among the highest paid in the industry. Our ethical approach is the number one reason that our prices are higher than the average 'budget' trip.
2. **Professional Guides and crews:** We operate bi annual training programs for guides, assistant guides, trainees and camp crews. Our in house training also incorporates independent professionals from the Red Cross for CPR training and advanced first aid topics. Adventure International also has "Constant Monitoring" practices that include pulse oximetry and scorecard monitoring of key aspects of altitude sickness. Is Mt Kenya a dangerous hike? Yes. Blissful ignorance tends to surround most groups that ascend the mountain and most people are fine. It is the scenarios when unavoidable instances of high altitude sickness which poses the most threat where appropriate treatment are essential. Most instances of death on Mt Kenya have been due to ignorance and bad decision-making.
3. **Clients experience:** with sound ethical practices and excellent training Adventure International has a well motivated professional team that not only guide clients safely on the mountain but also educate and inform clients about the environment they walk through. Endemic flora and the relationship of man and beast have all shaped Mt Kenya's ecology and the geology is as fascinating as anywhere on Earth.

Mt Kenya has both technical and non-technical hiking options. Non technical ascents of Point Lenana are perfect for hikers who would like to enjoy a stunning high altitude mountain. Technical ascents are a great introduction to technical hiking at high altitude. Adventure International provides hiking trips on all routes.

Overview: Route starts at Sirimon Gate and heads up through afro-montane forest and moorland arriving into Old Moses. From Old Moses a long day to Shipton's with views of Nelion and Batian overhead in camp. Summit attempt is normally at nighttime arriving at dawn. Descend to Mackinder's for brunch and then options to hike to tarns in the afternoon. A slow walk descending through the vertical bog into Met Station. Final day is an easy hike out to through bamboo forest to Naro Moru gate.

SAFETY DEVICES



Mt

Kenya

5 days

Why this itinerary?

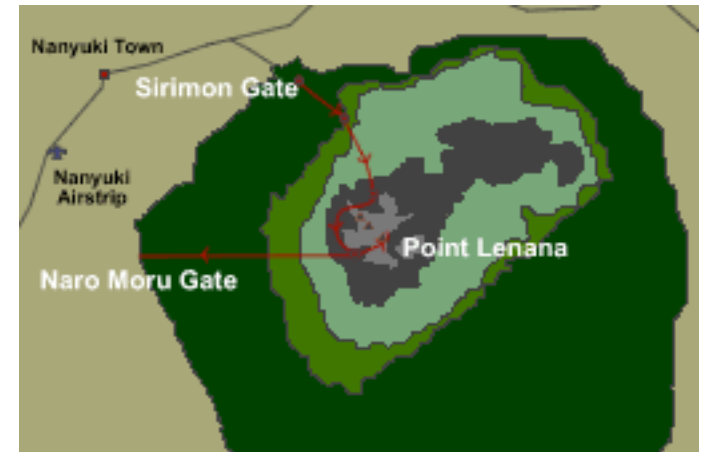
For those that want to do Mt Kenya in a relatively short time and still enjoy a great route then this is a great choice. As this trip uses camping it avoids the huts.

Description

A 5 day trip starting at Sirimon and ending at Naro Moru. As standard, our crews and support teams set up camp every night and your meals are served in a mess tent. Most importantly, knowledgeable professional guides that go through bi annual training are with you throughout and our logistics team at our base monitors your trip from start to finish.

Highlights

Fromontane forest, bamboo zone, glacial valleys and alpine desert, views of Kilimanjaro, ascent of Lenana and views of the Lewis glaciers and others. Possible sighting of wildlife.



Brief Itinerary

| # | Area | Overview |
|-------------------------------|----------|--|
| 1 | Nairobi | Arrive Jomo Kenyatta International Airport. Meet & greet and transfer to Fairview |
| 2 | Nanyuki | Half day visit with Batian's View Leadership & Skills. Overnight Nanyuki Sports Club |
| 3 | Nanyuki | Day visit with local NGO. **FULL CLIMB BRIEFING & EQUIPMENT CHECK** Overnight Nanyuki Sports Club |
| 4 | Mt Kenya | Begin Mt Kenya hike. Overnight Old Moses Camp |
| 5 | Mt Kenya | Mt Kenya hike. Overnight Likki North Camp |
| 6 | Mt Kenya | Mt Kenya hike. Overnight Shipton's Camp |
| 7 | Mt Kenya | Mt Kenya hike. SUMMIT. Overnight Met Station |
| 8 | Mt Kenya | End Mt Kenya hike. Transfer to Nanyuki Sports Club (*celebration dinner*) |
| 9 | Nairobi | Transfer to Nairobi. Options for activities. Overnight Fairview |
| 10 | Depart | Transfer to Jomo Kenyatta International Airport for departures |
| <i>END OF SERVICES</i> | | |

Detailed Itinerary

Day 1 / NAIROBI

Upon arrival into Jomo Kenyatta International Airport you are personally met and transferred to your accommodation in Nairobi.

Overnight Fairview (Dinner)

Day 2 / NANYUKI

In the morning you set out towards Nanyuki through farms and scenic landscapes. Today you head out to spend a half-day with Batian's View, a leadership and skills development center. You arrive back in time for dinner at your accommodation.

Overnight Nanyuki Sports Club (Breakfast, Lunch, Dinner)

Day 3 / NANYUKI

After breakfast you head to a local NGO for a day in the field. You take a trip through Ol Pejeta Conservancy en route back to your accommodation. Ol Pejeta is an important 'not for profit' wildlife conservancy in the Laikipia District and the largest sanctuary for black rhinos in East Africa. Revenues are generated through tourism and a fully integrated livestock production system. All surplus revenues are used in conjunction with donor funds to support an extensive community outreach program. In the afternoon you are given a comprehensive briefing and equipment check by our Climbs Managers and guides.

Overnight Nanyuki Sports Club (Breakfast, Lunch, Dinner)



Day 4 / MT KENYA / OLD MOSES

At 0800hrs you will be picked up from your Nanyuki accommodation and will be transferred to the Sirimon Park gate (alt.2700m). After a picnic lunch; you start an acclimatization hike in the tropical woodland occasionally enjoying the sighting of a monkey, a buffalo or even an elephant arriving at Old Moses camp (alt.3200m) in the early evening.

Overnight Old Moses Camp (Breakfast, Lunch, Dinner)



Day 5 / MT KENYA / LIKKI NORTH

After breakfast, we start the hike of the moorland vegetation walking through the picturesque views of the Sirimon and the Mackinder's valleys arriving at Likki North Hut in the early afternoon. Lunch at this camp and later take an acclimatization walk around the camp.

Overnight Likki North Camp (Breakfast, Lunch, Dinner)



Day 6 / MT KENYA / SHIPTON'S

Start the hike of the steep slope towards Shipton's camp (4200m) arriving in time for lunch. The giant groundsels occurring along this route are some of the spectacular views on Mt Kenya. Afternoon walk to the Kami Hut and later get back to the camp for dinner and overnight.

Overnight Shipton's Camp (Breakfast, Lunch, Dinner)



Day 7 / MT KENYA / SUMMIT / MET STATION

At 0300hrs you are woken up by the camp crew and have some tea and biscuits. Start the attempt of the scree and rock to the summit- point Lenana (alt.4985m), which is the highlight of our trip! After taking photos with the sunrise, descend slowly down to Mackinder's Camp for breakfast. Then continue down the vertical bog to the Met Station (alt.3050m).

Overnight Met Station (Breakfast, Lunch, Dinner)



Day 8 / OUT / NANYUKI

At 0800hrs depart the camp and walk through the bamboo forest to connect with your transfer bus at the Naro Moru gate and transfer back to Nanyuki. Tonight there is a celebration dinner.

Overnight Nanyuki Sports Club (Breakfast, Lunch, Dinner)

Day 9 / NAIROBI

After breakfast you drive back to Nairobi. There are options for activities such as visiting the Kazuri Beads or local handcraft markets.

Overnight Fairview (Breakfast, Lunch, Dinner)

Day 10 / DEPART

Today you are transferred to Jomo Kenyatta International Airport for international departures.

(Breakfast)

END OF SERVICES



ACCOMMODATIONS

FAIRVIEW is that rare bird in Africa... a comfortable hotel that hasn't decked itself out in feathers of upmarket gloss and tasteless luxury. The hotel's leafy acres and scattered buildings are laid out on Nairobi Hill, a world away from the overheated bustle.



NANYUKI SPORTS CLUB was built back in 1937 and currently acts as a golf club as well as a well located accommodation option for Mt Kenya climbs that start on the Sirimon route. The accommodation is simple with Tanganyika boiler style water heaters and clean and with morning views of Mt Kenya that are superb.



MT KENYA PRIVATE CAMP is set up every step of the way and ready for when you arrive into camp in the afternoon. A mess tent contains a table, chairs, and all cutlery. Guest tents fit 2 people comfortably with sleeping mat, -30f sleeping bag, all set up for a comfortable sleep. A separate toilet tent is also set up on the perimeter for private and cleaner bathroom facilities.



DESTINATIONS

Kenya, East Africa

The Republic of Kenya is a country in East Africa, made up of 42 different ethnic tribes. Lying along the Indian Ocean to its southeast and at the equator, Kenya is bordered by Somalia to the northeast, Ethiopia to the north, Sudan to the northwest, Uganda to the west and Tanzania to the south. The country is named after Mount Kenya, a significant landmark and second among Africa's highest mountain peaks.

Kenya originates from the Kikuyu, Embu, and Kamba names of Mount Kenya, whose pre-historic volcanic eruptions (now extinct) resulted in an association with divinity and creation among the indigenous Kikuyu-related ethnic groups who are the original native inhabitants of the vast agricultural land surrounding Mount Kenya. From the coast on the Indian Ocean the Low plains rise to central highlands. The highlands are bisected by the Great Rift Valley; a fertile plateau in the east. The Kenyan Highlands comprise one of the most successful agricultural production regions in Africa. Fossils found in East Africa suggest that primates roamed the area more than 20 millions years ago. In 1984, Richard Leakey a palaeoanthropologist discovered the skeleton of a Turkana boy belonging to Homo erectus from 1.6 million years ago.

In the centuries preceding colonization, the Swahili coast of Kenya was part of the east African region, which traded with the Arab world and India especially for ivory and slaves. Close to 90% of the population on the Kenya coast was enslaved. Swahili, a Bantu language with Arabic, Persian, and other Middle Eastern and South Asian loan words developed as the trade language between the different peoples. The colonial history of Kenya dates from the establishment of a German protectorate over the Sultan of Zanzibar's coastal possessions in 1885, followed by the arrival of the Imperial British East Africa company in 1888. What followed was the building of the Kenya-Uganda railway, where there was a significant inflow of Indian peoples who provided the bulk of the skilled manpower required for construction. While building the railroad through Tsavo, a number of Indian railway workers and African labourers were attacked by two lions known as the Tsavo man eaters. Kenya has considerable land area of wildlife habitat, including the Masai Mara, where blue wildebeest and other animals participate in a large scale annual migration to find forage in the dry season. This migration occurs between June and September.

Additional Information

Entry Requirements

Kenya Visas are issued on arrival. US Citizens pay \$50 per person and these Visas can be arranged beforehand as well. A passport valid for six months after date of entry is required. Visitors must hold return/onward tickets and all documents required for their next destination.

Vaccinations

Tanzania requires proof of a valid Yellow Fever immunization certificate. (Immigration officials might force a visitor to get immunized, which is at an extra cost). Hepatitis A and B, Tetanus, and Typhoid immunizations are recommended for all travelers. Malaria prophylaxis is recommended and you should consult your local doctor or physician to advise which malaria medication is best suited for you. Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the CDC's Internet site at <http://www.cdc.gov/travel>

Weather

Nairobi, Kenya

| Month | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Avg High F | 77 | 79 | 77 | 75 | 72 | 70 | 70 | 70 | 75 | 75 | 73 | 73 |
| Avg Low F | 54 | 55 | 57 | 57 | 55 | 54 | 52 | 52 | 52 | 55 | 55 | 55 |

Communication

Kenya – country code +254. Most areas will have mobile access and Internet available. Some areas while trekking or on safari may not have mobile access.

Electricity

Kenya - Electrical current is 230 volts, 50Hz (Type D; electrical plug has three circular pins) (Type G; electrical plug has three flat prongs)

Gear List

**A comprehensive gear list will be provided for essential clothing items to bring whilst on safari or activities. Please visit the Adventure International Gear & Apparel Shop: <http://adventureinternational.newheadings.com> All proceeds are donated to Kilimanjaro Porters Assistance Project.

Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Africa. This will eliminate any credit card holds for fraudulent activity.

Currency

Carrying cash, an ATM or traveler's check card and also a credit card that can be used for cash advances in case of emergency is advisable. The best places to exchange money are normally bureau de change, which are fast, have longer hours and often give slightly better rates than banks. Local currency is Kenyan Shillings (KSH), however most places accept USD. Better hotels, lodges, and camps will accept credit cards, however it is advised to withdraw cash when visiting remote areas and villages.

Government

Kenya – is a democratic republic with a President as head of state and head of government.

Religion

Kenya – the predominant religion is Christianity adhered by 4/5 of the population. Other faiths include Hinduism, Islam, and traditional African religions. Muslims make up a portion of religion practiced near the coastal areas.

Ethnic Groups

African peoples indigenous to Kenya, who now form 98% of the population, fall into three major cultural and linguistic groups: Bantu, Nilotic, and Cushitic. Although most of the land area is occupied by Cushitic and Nilotic peoples, over 70% of the population is Bantu. The Luo, a Nilotic people, live in an area adjacent to Lake Victoria. Other Nilotes – Turkana, Maasai, Pokot, Nandi, Kipsigis, and Tugen – occupy a broad area in the west from Lake Rudolf to the Tanzanian border. Cushites such as the Galla and Somali live in the eastern and northeastern parts of the country. The Bantu reside mainly in the coastal areas and the southwestern uplands; the most significant bantu peoples are the Kikuyu, Kamba, and Luhya. The Kikuyu, who constitute the largest single ethnic group in Kenya, live for the most part north of Nairobi and have played a major role in the nation's political and social development.

Languages

Kenya – Swahili and English are the two official languages. 62 languages are spoken in Kenya.

Economy

Kenya's economy is market-based, with a few state owned infrastructures enterprises and maintains a liberalized external trade system. The country is generally perceived as Eastern and central Africa's hub for Financial, Communication and Transportation services. There is a large pool of English speaking professional workers and high computer literacy rate among youth. An increasingly significant portion of Kenya's foreign inflows is from remittances by non-resident Kenyans who work in the US, Middle East, Europe and Asia. Compared to its neighbors, Kenya has a well developed social and physical infrastructure. It is considered the main alternative location to South Africa for major corporations seeking entry into the African continent. The agriculture sector continues to dominate Kenya's economy. The principal cash crops are tea, horticultural produce, and coffee; horticultural produce and tea are the main growth sectors and the two most valuable of all of Kenya's exports. Tea, coffee, sisal, pyrethrum, corn, and wheat are grown in the fertile highlands, one of the most successful agricultural production regions in Africa. Livestock predominates in the semi-arid savanna to the north and east. Coconuts, pineapples, cashew nuts, cotton, sugarcane, sisal, and corn are grown in the lower-lying areas

Climate

Kenya has a tropical climate. It is hot and humid at the coast, temperate inland and very dry in the north and northeast parts of the country. There is a lot of rain between March and May (the long rains) and moderate rain in October and November (the short rains). The temperature remains high throughout these months. The country receives a great deal of sunshine all the year round. It is usually cool at night and early in the morning.

Booking

For anyone wanting to book this trip they must fill out our online booking form at <http://www.adventure-international.com/booking/booking.html> ' A 10% deposit is required upon booking and final balance payment at least 60-45 days prior to service being provided. A booking shall be considered confirmed on receipt of 10% deposit. '

PLEASE READ OUR TERMS AND CONDITIONS: <http://www.adventure-international.com/booking/terms.html> Making a reservation with Adventure International, LLC and it's partners signifies acceptance of these terms and conditions.

Payment

Please pay by wire transfer or direct deposit to our US bankers:

Beneficiary Name: Adventure International, LLC

Beneficiary Address: PO Box 2621, Venice, CA

Bank Name: JP Morgan Chase Bank

Bank Address: 2701 1st Ave, Seattle, WA 98121

Account Number: 3171301993

ABA Routing Number: 325070760

SWIFT: CHASUS33

PLEASE QUOTE GROUP NAME(S) WHEN MAKING PAYMENT

We accept credit cards with applicable service fees: 3% US and 4% International

Insurance Information

It is essential that clients take out adequate insurance cover against all risks associated with adventure travel, this means appropriate travel and medical insurance prior to departure of clients from their country of origin. A climb or safari is an adventure holiday and accordingly neither Adventure International, LLC nor their officers and employees shall be liable in way for any loss or damages expenses or costs arising from any incident involving clients that may occur whilst using any of the services provided by either Adventure International, LLC or third parties contracted by the company.

Insurance should at least cover: personal accident, medical expenses, hospitalization, repatriation, trip curtailment, cancellation, and loss of valuables.

For more information about insurance please visit: <http://www.adventure-international.com/booking/insurance.html> OR visit TravelEx Insurance direct website: <http://www.travelex-insurance.com/> and make sure to provide #05-0804 as a reference locator to ensure proper routing of essential client information and documentation.

Force Majeure / Changes

In the event of Force Majeure (circumstances beyond the company's control) Adventure International, LLC will notify client of the nature and extent thereof. It is essential to understand that conditions in countries where adventure holidays occur are not always predictable and border closures, road conditions, and other occurrences from time to time cause delays, frustrations, and diversions from the planned itinerary. Should such an occurrence happen, Adventure International, LLC and its partners will do the best to minimize inconvenience.